

Block 0 SHAPE & GUIDE Training Schedule 2015

Chauvenet Room 100

Day 1 – Monday, May 11

0745	Breakfast	
0815	CDR (b) (6), SAPR Program Manager - SAPR Program overview	
0830	VADM Carter Opening Remarks	
0845	Why we are here	
0900	Training SAFE Space (TSS)	
0915	Break	
0930	Introductions & Icebreaker	
1030	ALL Trainers- Brief Introductions	
1045	What is SHAPE? <ul style="list-style-type: none"> SHAPE Program structure SHAPE Peer Educators role and team mission 	
1100	What is the GUIDE Program? <ul style="list-style-type: none"> Role & purpose 	
1115	SHAPE Posters on Media Project	GUIDES Lunch
1200	Lunch	
1300	SHAPE TSS – Peer Educator team discussion	GUIDES (Michelson 110) TSS – GUIDE team discussion
1310	Victim blaming & Rape myths	Victim Blaming & Rape Myths
1400	Break	Break
1415	Overview of training process for SHAPE Peer Educators	By the Numbers – MSA Report Overview & Discussion
1500	Mentor/Mentee relationship /program	Continuum of Harm Discussion & Challenge
1520	End of day 1 assignments for teams <ol style="list-style-type: none"> Sign up for poster project 	
1530	2. Meet with your mentor/mentee for dinner or dessert	Group Assignments & Day 1 Wrap-Up
1600	End of Day 1	
NOTES: Break out rooms are 101, 102, 104, 107, 117		

Day 2 – Tuesday, May 12
Sea Trials – No rising Youngsters!

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Day 3 – Wednesday, May 13

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Day 4 – Thursday, May 14

0800	Understanding Perpetrators	
0900	<u>SHAPE</u> 4C3 discussion & prep	<u>GUIDEs (MI 110)</u> Team Builder
0945	Break	
1000	4C3 practice & debrief	Mercy Medical Center’s Sexual Assault Forensic Examination (SAFE) Program Debra Holbrook, RN, Program Manager
1100	SHAPE team builder	
1200	Lunch	
1315	Sexual harassment : How to connect with CMEO & the reporting process	
1400	<u>SHAPE</u> 4C4 discussion & prep	<u>GUIDEs:</u> Role of the VLC & The Legal Process LCDR (b) (6) Victim’s Legal Counsel
1445	Break	
1500	4C4 practice & debrief	
1600	End of day 4 - HOMEWORK! Take Pre-Escalation Workshop survey online! Watch this Ted Talk: http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en#t-1232904	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 5 – Friday, May 15

0800	<u>SHAPE & GUIDES</u> Escalation workshop	
0930	Break	
0945	Broken Email Communication Exercise	Escalation Train the Trainer - Group #1 (0945-1045) MH110
1030	Sexual boundaries	
1100	Self-care and Eastern Medicine	Escalation Train the Trainer - Group #2 (1100- 1200) MH110
1200	Lunch (returning 2/C (rising 1/C) excused for the rest of the day)	Lunch
1315	<u>SHAPE (only)</u> Facilitator skill building: Worst experiences panel	Escalation Train the Trainer – Group #3 (1315-1415) MH110
1415	Break	
1430	Positive experiences! Share your positive classroom stories	
1515	Reflection	
1600	End of day 5	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 6 – Monday, May 18

0800	SHAPE Week 2 Opening	GUIDEs (MI 110) Week 2 Opening
0815	Guante: Action (Spoke Word) & discussion http://www.youtube.com/watch?v=0cKInqzt9GQ	True Colors
0915	Language discussion	
1000	Break	Break
1015	SHAPE 3C1 modeling, discussion & prep	GUIDEs Guante: Action (Spoke Word) & discussion http://www.youtube.com/watch?v=0cKInqzt9GQ
1100	3C1 practice & debrief	Language Discussion
1200	Lunch	
1330	Herndon Climb – Have a good afternoon!	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 7 – Tuesday, May 19

0800	LGBTQ and Being inclusive – Meghan Root	
0930	Break	
0945	Midshipmen Development Center (CAPT (b) (6) , Ph.D)	
1030	Introductions practice	
1130	Alcohol, sexual assault & tough questions	
1200	Lunch	
1315	Survivor speaker /story	
1345	3C2 modeling, discussion &prep	<u>GUIDES:</u> Unrestricted Report Walkthrough / How to Help a Friend – Role Plays (Sea Trials Make-Up)
1500	3C2 practice & debrief	
1600	End of Day 7	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 8 – Wednesday, May 20

0800	Poster Session on Media (Peer Educator Presentation)	
0900	Sexuality & Gender	
0930	Break	
0945	3C3 model, discussion & prep	<u>GUIDEs (Location TBD)</u> Survivor Care Kit Assembly
1045	3C3 practice & debrief	
1200	Lunch – Working lunch for SHAPE in CH 100 = pizzas (separated by gender)	
1300	Gender discussion	“Continuum of _____” Presentations
1400	End of day 8 – Go watch Blue Angels!	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 9 – Thursday, May 21

0800	SHAPE Response Program: A Collaborative Response	<u>GUIDEs (MI 110)</u> Processing our Time Together & Reflection Team & Commitment
0900	How to help a friend – role plays	Safe Spaces Workshop Center for Diversity & Inclusion, American University
1000	Break	
1015	Team and Commitment	
1100	Processing our time together & reflection	
1230	End of Training Celebration Lunch - Team Picnic at Smoke Park –Bring your sun block & sunglasses - Bring your appetite - Bring if you have them: Frisbees, football, etc. - Wear your PT /Spirit Gear!	
NOTES:		

SHAPE Overview

4/C Year

- Session 1 (Fall)**
 - Prevention vs. Risk Reduction
 - Definitions
 - Language
- Guest Presentation:**
“1 in 4” Men’s Program
- Session 2 (Fall)**
 - 1 in 4 F/U
 - How to Help a Survivor
 - Active Intervention
- Session 3 (Spring)**
 - Perpetrator traits
 - Risk Reduction
- Session 4 (Spring)**
 - Sexual Harassment

3/C Year

- Session 1 (Fall)**
 - Social Conformity
 - Active Intervention
- Guest Presentation:**
Speak About It
- Session 2 (Fall)**
 - Speak About It F/U
 - Consent
 - Communication
 - Alcohol
- Session 3 (By Gender) (Spring)**
 - Gender Socialization

2/C Year

- Session 1 (Fall)**
 - Survivor Impact
 - Command Climate
 - Resources in the Fleet & Marine Corps
- Guest Presentation:**
Joe Ehrmann – Leaders of Character (Spring)
- Session 2 (Spring)**
 - Fleet/USMC Intervention
 - Leadership Issues

1/C Year

- Character Capstone with SHAPE sexual harassment & sexual assault scenarios and discussion points
- Guest Presentation:**
Anne Munch, Esq.- Prosecution of Sexual Assault Cases & Societal Bias (Spring)
- Character Capstone; collaboration with Leadership, Ethics, Law

Block 0 SHAPE & GUIDE Training Schedule 2016
Chauvenet Room 100

Day 1 – Monday, May 16

0745	Breakfast	
0815	CAPT (b) (6) SAPR Program Manager - Welcome	
0830	ALL Trainers- Brief Introductions	
0845	Training SAFE Space (TSS)	
0915	Introductions & Icebreaker	
0945	Break	
1000	Why we are here	
1015	What is SHAPE? <ul style="list-style-type: none"> SHAPE Program structure SHAPE Peer Educators role and team mission 	
1030	What is the GUIDE Program? <ul style="list-style-type: none"> The history and the present Role & purpose 	
1045	Break	
1100	Victim blaming & Rape myths	
1200	Lunch *New SHAPE mentor lunch w/ Catherine & Kenny	
1300	<u>SHAPE (Chauvenet 100)</u> TSS for SHAPE SHAPE Team CO & XO - protocol & policy for training discussion	<u>GUIDES (Michelson 110)</u> Mercy Medical Center's Sexual Assault Forensic Examination (SAFE) Program Debra Holbrook, RN, Program Manager
1330	SHAPE Team Introductions – 5 -10 on your Photo Roster!	
1400	Mentor/Mentee relationship /program - Kenny & Catherine HW: Meet with your mentor/mentee for dinner or dessert	
1415	Break	Break
1430	Overview of training process for SHAPE Peer Educators	
1530	Homework: Personal Introduction Development worksheet & watch TED Talk: http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en#t-1232904	1500 - Grounding Discussion after FNE Visit (b) (6) End of Day 1
1545	VADM Carter Closing Day 1 of Training Remarks CH100	
NOTES: Break out rooms are 101, 102, 104, 107, 117		

Day 2 – Tuesday, May 17
Sea Trials – No rising Youngsters!

[illegible]

Day 3 – Wednesday, May 18

0800	NCIS & The Investigative Process Special Agent (b) (6)	
0900	<u>SHAPE</u> SAPR Response Process	<u>GUIDEs</u> Re-establishing Training Safe Space Team Builder
1000	Break (Photo roster!)	
1015	<u>SHAPE</u> 4C1 discussion & prep	<u>GUIDEs</u> Victim Impact - (b) (6) MDC
1045	4C1 practice & debrief presentation skills	
1200	Lunch	
1315	Facilitation skills	<u>GUIDEs</u> Self-care (b) (6)
1400	<u>SHAPE</u> 4C2 discussion & prep	Homework: Think about your purpose as a GUIDE, think about how we're going to establish the GUIDE program and differentiate ourselves from SHAPE
1445	Break (Photo roster!)	
1500	4C2 practice & debrief	
1600	End of day 3 *see homework	
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SHAPE HOMEWORK: Introductions: small group work on personal introductions		

Day 4 – Thursday, May 19

0800	Understanding Perpetrators	
0900	<u>SHAPE</u> Team check in	<u>GUIDEs (MI 110)</u> Team Builder – Homework: Bringing it all together
0915	4C3 discussion & prep	Legal – LT (b) (6)
1000	Break (photo roster!)	
1015	4C3 practice & debrief	
1130	SHAPE team builder	
1200	Lunch	
1315	Language discussion	
1400	<u>SHAPE</u> 4C4 discussion & prep	<u>GUIDEs:</u> How do want the GUIDE Program to grow?
1445	Break (photo roster!)	
1500	4C4 practice & debrief	
1600	End of day 4	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 5 – Friday, May 20

0800	<u>SHAPE (Returners) in CH 100</u> The Hunting Ground documentary <u>GUIDE (Returners) in MI 110</u> The Mask You Live In documentary	SHAPE & GUIDE – NEWBIES (@50) Escalation workshops – CH 101 & CH 102
0930	Break	
0945	The Hunting Ground discussion in CH 100 The Mask You Live In discussion in MI 110	Escalation Train the Trainer - Group #1 (1000-1100) CH101
1045	Fun /Uplifting activity – Telephone Charades	
1100	Self-care and Eastern Medicine - CDR (b) (6)	Escalation Train the Trainer - Group #2 (1100- 1200) CH 101
1200	Lunch (returning 2/C (rising 1/C) excused for the rest of the day)	Lunch
1315	<u>SHAPE (only)</u> Facilitator skill building: Worst experiences panel (b) (6)	<u>GUIDE (MH 110)</u> Family Advocacy Program
1415	Break	
1430	Positive experiences! Share your positive classroom stories	
1515	Reflection	
1600	End of day 5	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 6 – Monday, May 23

0800	Week 2 opening	
0815	Sexual harassment: How to connect with CMEQ & the reporting process – LT (b) (6), CMEQ	
0900	Role of the VLC & The Legal Process – LCDR (b) (6) Victim’s Legal Counsel	
0945	Break	
1000	Awkward word practice – Just say it!	GUIDEs Guante: Action (Spoken Word) & discussion http://www.youtube.com/watch?v=0cKInqzt9GQ
1015	SHAPE 3C1 deconstruction, discussion, & prep	
1100	3C1 practice & debrief	
1200	Lunch	
1330	Herndon Climb – Have a good afternoon!	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 7 – Tuesday, May 24

0800	Midshipmen Development Center – LT (b) (6) Ph.D.	
0830	Break	
0845	Alcohol, sexual assault & tough questions	
0930	Survivor speaker /story	
1100	Break	
1115	Sexual boundaries	
1200	Lunch	
1315	<u>SHAPE</u> Introductions practice	<u>GUIDES:</u> Unrestricted Report Walkthrough / How to Help a Friend – Role Plays (Sea Trials Make-Up)
1345	3C2 modeling, discussion &prep	
1500	3C2 practice & debrief	
1600	End of Day 7	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 8 – Wednesday, May 25

0800	Gender & Sexuality	
0900	Break	<u>GUIDEs (MI 110)</u>
0915	<u>SHAPE</u> 3C3 Women's model	
1015	Break	
1020	3C3 Men's model & debrief	<u>GUIDEs (MI 110)</u> Sexual Assault Response & The Role of the Chaplain LT (b) (6) & LT (b) (6)
1120	Video deconstruction/Male rape myths discussion	Confidentiality/Mandatory Reporters
1140	Lunch – Working lunch for SHAPE in CH 100 = Chick-Fil-A (separated by gender)	
1200	3C3 practice, split by gender	Lunch
1310	Break	
1315	Linking 3C3 Men and 3C3 Women	
1400	End of day 8 – Go watch Blue Angels!	
NOTES: Break out rooms are: 101, 102, 104, 107, 117		

Day 9 – Thursday, May 26

0800	SHAPE Fleet Mentor Role Discussion	<u>GUIDEs (MI 110)</u> Processing our Time Together & Reflection Team & Commitment
0900	The mentor/mentee relationship: Where do you go from here?	
0915	Experience Abroad: Our topics in an international setting: Kenny Wise	
1000	Break	
1015	Team and Commitment	
1100	Processing our time together & reflection	
1230	End of Training Celebration Lunch - Team Picnic at Smoke Park – Bring your sun block & sunglasses - Bring your appetite - Bring if you have them: Frisbees, football, etc. - Wear your PT /Spirit Gear!	
NOTES:		